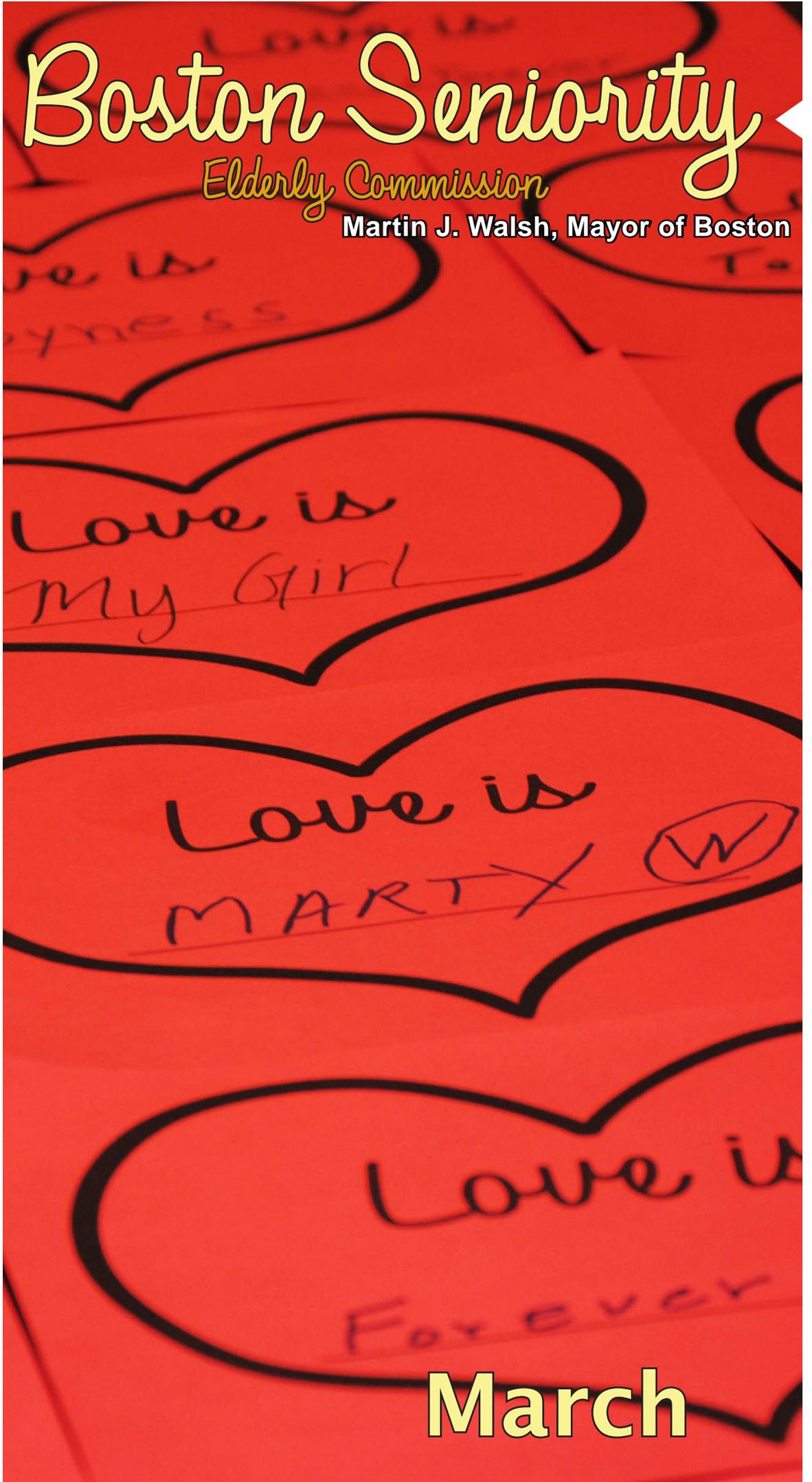


Boston Seniority

Elderly Commission

Martin J. Walsh, Mayor of Boston



FREE

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Volume 38
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March

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Go on Facebook to find out what's going on at The Elderly Commission www.facebook.com/BostonElderlyCommission

**Commission on Affairs of the Elderly
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Although all material accepted is expected to conform to professional standards, acceptance does not imply endorsement by the City of Boston, Commission on Affairs of the Elderly.

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Mayor's Spotlight

Mayor Walsh Releases Results of 2013 Homeless Census

Mayor Martin J. Walsh released the findings of Boston's 34th Annual Homeless Census. This year's results show a 3.8% increase in the number of homeless men, women, and children in the City of Boston. The point-in-time count found 7,255 homeless persons, compared to 6,992 the previous year.

Mayor Walsh called on city agencies and Boston's network of homeless service providers to expand successful housing strategies and to continue to develop innovative approaches to respond to the rising need. Recent efforts have helped to decrease the number of people living on the street; to transition frequent users of emergency services out of hospital emergency rooms and into housing with intensive stabilization services; and to reduce homelessness among veterans.

Relative to most major cities, Boston has few homeless adults living on the streets. The street count made up approximately 2.5% of the total homeless count.

The rise in family homelessness and homeless children is a serious cause for concern. There were 1,234 homeless families in Boston on the night of the census, a 5.8% increase over the previous year. For the first time since the city began the annual census, the number of homeless children in Boston surpassed 2,000. Census volunteers counted 2,056 homeless children,

an increase of 4.3% over the previous count.



The Mayor announced several steps that city agencies and community partners would begin to take to provide improved housing support to those in need:

- In an effort to house more people living on the street, city agencies will work with Pine Street Inn and Boston Health Care for the Homeless to assess individuals' needs and to help people find permanent housing solutions.
- To improve the safety net for vulnerable families, the Department of Neighborhood Development (DND), property management companies, and nonprofit partners such as Project Hope will pilot a program to reduce family evictions. Increasing affordable housing options is a priority for Mayor Walsh, and there are nearly 250 units in Boston's pipeline dedicated to homeless individuals and families.
- The Boston Public Health Commission (BPHC), which already supports access to treatment options at city-run emergency shelters, will work with other shelter providers to develop a citywide strategy for connecting guests to appropriate care.
- BPHC and DND will also work with the Department of Mental Health and the Department of Corrections so that individuals being released from incarceration have a discharge plan that identifies a home, not a shelter, for transition.



Free Art and Architecture Tours Offered at Boston Public Library

Featured works include Sargent, Chavannes, and Abbey Murals

Boston Public Library welcomes visitors to explore the treasures inside its McKim Building at the Central Library in Copley Square and embark upon a free art and architecture tour detailing the library's rich history. Known as Boston's "palace for the people," the McKim Building stands as one of the City's iconic landmarks, showcasing the architecture of Charles Follen McKim and housing works by famed sculptors and painters.

The free tours last about an hour and are led by volunteer guides. No appointment is necessary for groups smaller than eight people. Tours meet in the lobby of the McKim Building (through the Dartmouth Street entrance). Tours are offered Mondays at 2:30 p.m.; Tuesdays and Thursdays at 6 p.m.; Wednesdays, Fridays and Saturdays at 11 a.m.; and Sundays at 2 p.m. To learn more, or to make a private tour reservation, please visit www.bpl.org/tours. Groups of eight or more must make a reservation for a private tour.

The works of notable American and European designers and artists such as Rafael Guastavino, Frederick MacMonnies, Daniel Chester French, and Louis Saint-Gaudens are featured within the library's entrance hall, courtyard, vestibule, and main staircase. Exquisite murals adorn the walls of the Abbey Room and Chavannes and Sargent galleries:

Abbey Room:

The Quest of the Holy Grail mural cycle by American artist Edwin Austin Abbey graces the walls of the Abbey Room on the second floor. The work falls into a series of 15 panels featuring 150 life-sized figures illustrating the Arthurian legend. The room also features a beautiful fireplace of French rouge antique marble, dark oak wainscoting, and a beamed ceiling modeled after that of the library in the Doge's Palace in Venice.

Chavannes Gallery:

Painted by the renowned French artist Pierre Puvis de Chavannes, the murals decorate the walls of the McKim Building's grand staircase and second floor gallery. The central mural depicts The Muses of Inspiration Welcoming the Spirit of Light. Eight stairway murals representing the main disciplines of poetry, philosophy, and science complete this allegorical cycle.

Sargent Gallery:

John Singer Sargent chose the development of world religions as his theme for this ambitious mural cycle. The artist considered this effort to be his most important work. Distinctly different from his better-known portraits of distinguished Americans and Europeans and his delicate landscapes, Sargent followed the style of Italian Renaissance frescos by incorporating architectural elements of the building into the work.

About BOSTON

PUBLIC LIBRARY

Boston Public Library has a Central Library, twenty-four branches, a literacy center, map center, business library, and a website filled with digital content and services. Established in 1848, the Boston



Public Library has pioneered public library service in America. It was the first publicly supported municipal library in America, the first public library to lend books, the first to have a branch library, and the first to have a children's room. Each year, the Boston Public Library hosts thousands of programs and serves millions of people. All of its programs and exhibitions are free and open to the public. At the Boston Public Library, books are just the beginning. To learn more, visit www.bpl.org.

Elderly Commission Profile

Peninna Delinois-Zephir, Housing Counselor

What is your job?

As the housing counselor, my job is to help Seniors get placed in housing. I help them with the applications, advocate for them in court, and work with other agencies related to placement for Seniors.



What do you enjoy most about your job?

I enjoy the advocacy part, working with Seniors, and being able to help them (if possible) get placed in housing.

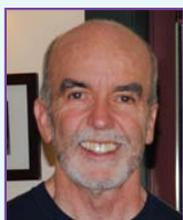
Is there an older adult that inspires you?

My grandmother. Just her energy, her spiciness, and her attitude towards life.



To view a short video clip of this profile and others go to:

www.facebook.com/BostonElderlyCommission





Martin J. Walsh, Mayor
City of Boston Commission on Affairs of the Elderly
Emily K. Shea, Commissioner

The 2014 Greater Boston Senior Games



Billiards & Bowling:

Tuesday, May 13

Golf: Wednesday, May 14

Bocce: Thursday, May 15

Tennis: Saturday, May 17

Half Court Basketball:

Saturday, May 17

Swimming: 1st Week In June

Spring into Fitness:

Saturday, June 7
at UMass Boston

- Blood Pressure Screenings
- Board Games
- Boot Camp
- Tai Chi
- Water Aerobics
- Zumba



For more information and registration form, please see contact information below.

Eligibility: Men & Women age 50 & over.

Registration: May Events Pre-registration Deadline: **Friday, May 2.** Swimming Pre-registration Deadline: **Friday, May 23.**

Contact: Michael McColgan at 617-635-4168 or michael.mccolgan@boston.gov or see registration form on back cover

Tanning Salons: The Numbers are In

Tanning beds are dangerous. Researchers at the University of California, San Francisco, analyzed data from 88 surveys that included a total of more than 406,000 people in the United States, Europe and Australia.

More than a third of all Americans—and nearly six out of 10 US university students- have used indoor tanning beds, despite widespread knowledge that these treatments contribute to skin cancer risks.

Findings:

Nearly 36% of people in 3 regions had used tanning beds in their lifetime.

This includes 55% of university students and 19% teenagers.

In the United States:

35% had used tanning beds.

College students-59% had used tanning beds.

17% adolescents of US and Canadian had already begun using tanning salons.

Over 1 million people in the United States visit tanning salons each day - the majority are young girls and teens. Why is this research important to us? Indoor tanning salons are common in Western countries,

especially among young persons.

Ultraviolet light exposure from indoor tanning is known to cause skin cancer.

We need to educate the younger generation that they are being exposed to carcinogens. This risky behavior will have serious consequences in the future.

We need to change the American idea that a tanned body is more beautiful and attractive.

Many of us were also “sun worshipers” in our youth, before tanning salons were even heard of!

We have age spots on our faces and hands.

We spend a small fortune on moisturizers with sun screens, special face soaps and foundations to hide age spots and wrinkles.

For more information, talk to your doctor.

Information from The National Institutes of Health are available on Skin Cancer at <http://www.nlm.nih.gov/medlineplus/skincancer.html> and Sun Exposure at <http://www.nlm.nih.gov/medlineplus/sunexposure.html>



Reinvent your day at Hebrew Rehabilitation Center

At our adult day health programs, older adults socialize with their peers while taking part in a wide variety of activities in a safe environment.

Our participants enjoy:

- companionship
- carefully supervised fitness programs
- creative arts programs
- lively discussion groups

Their families appreciate:

- peace of mind
- our flexible schedules
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- access to HRC expert rehabilitative therapies

We welcome clients with early to moderate stages of dementia.

Two convenient locations:

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For more information or to arrange a tour,
please call 617 363-8515



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AFFILIATE



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communication disorders
are easier to spot when
you know the signs.

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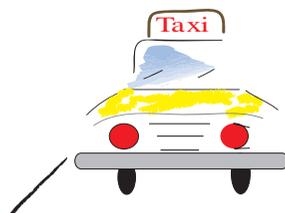
For info: IdentifyTheSigns.org

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BNN-TV Channel 9

Boston Seniors Count
Cable Television Show

Thursday at 3:30 p.m.
Repeated Sundays at
11:30 a.m. & Tuesdays at 8:30 p.m.

For more information call

Greg Josselyn
617-635-4250





Senior "Circuit Breaker" Tax Credit

What is it?

Senior citizens in Massachusetts may be eligible to claim a refundable credit on their state income taxes for the real estate taxes paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. The maximum credit allowed is \$1,030 for the tax year beginning January 1, 2013. If the credit due the taxpayer exceeds the amount of the total income tax payable for the year, the excess amount of the credit will be refunded to the taxpayer without interest.

Eligible taxpayers who own their property may claim a credit equal to the amount by which their property tax payments in the current tax year (excluding any exemptions and/or abatements), including water and sewer debt charges, exceed 10% of their "total income" for the same current tax year. Taxpayers residing in communities that do not include water and sewer debt service in their property tax assessments may claim, in addition to their property tax payments, 50% of the water and sewer charges actually paid during the tax year when figuring their credit.

For renters, the law assumes that 25% of their rent goes toward property tax. Accordingly, renters may claim a credit in the amount by which 25% of their annual rental payment is more than 10% of their total income.

For purposes of the tax credit, a taxpayer's "total income" includes taxable income as well as exempt income such as social security, treasury bills and public pensions.

Who is eligible for the credit?

To be eligible for the credit for the 2013 tax year, a taxpayer must be 65 years of age or older before January 1, 2014 (for joint filers, it is sufficient if one taxpayer is 65 years of age or older), must own or rent residential property in Massachusetts and occupy the property as his or her principal residence. The taxpayer's total income cannot exceed \$55,000 for a single filer who is not the head of a household, \$69,000 for a head of household, or \$82,000 for taxpayers filing jointly. No credit is allowed for a married taxpayer unless a joint return is filed. Moreover, the assessed valuation of the real estate cannot exceed \$700,000.

No credit is allowed if the taxpayer claims the "married filing separate" status, receives a federal or state rent subsidy, rents from a tax-exempt entity, or is the dependent of another taxpayer.

Is the tax credit considered income?

Tax credits received by eligible taxpayers are not considered income for the purpose of obtaining eligibility or benefits under other means-tested assistance programs including food, medical, housing, energy and educational assistance programs.

How does a taxpayer claim the credit?

Taxpayers who are eligible for the tax credit in the 2013 tax year can claim the credit by submitting a completed Schedule CB, Circuit Breaker Credit, with their 2013 state income tax return.

Note: Taxpayers who qualified for the tax credit in a prior year but did not file Schedule CB online with their original state income tax return should file an online Application for Abatement, available at www.mass.gov/dor/amend. Also, taxpayers who qualified for the tax credit in a prior year and did not file a tax return should file a state income tax return with Schedule CB. Either option must be completed within three years from the last day for filing the return, without regard to any extension of time to file.

What if the taxpayer is not required to file a state income tax return?

An eligible taxpayer who does not normally file a state income tax return may obtain a refund by filing a return with Schedule CB, Circuit Breaker Credit.

What documentation must the taxpayer keep?

As with all claimed tax credits and deductions, the taxpayer must keep all pertinent records, receipts and other documentation supporting his or her claim for the credit.

Schedule CB and further information is available at www.mass.gov/dor or by contacting the Massachusetts Department of Revenue's Customer Service Bureau at (617) 887-MDOR or toll-free in Massachusetts at 800-392-6089.



The Boston Earned Income Tax Credit (EITC) Coalition, in partnership with the City of Boston's Elderly Commission and Action for Boston Community Development (ABCD), would like to inform you that:

You may be eligible for the Senior Circuit Breaker Tax Credit

- If you are 65 years of age or older & you own your own home or rent without a subsidy
- If your total income in 2013 is:
 - Less than \$55,000 for Singles
 - Less than \$69,000 for Head of Household
 - Less than \$82,000 for Married Jointly

To receive this refundable credit you must file a

Massachusetts Income Tax Return

You do not need to owe taxes to receive cash back. Come to a Boston EITC Coalition free tax preparation community site to determine your eligibility and file a Massachusetts tax return for FREE. You could receive up to \$1030 back from the State.

For more information and to determine if you can receive this cash back, please call:

- Boston EITC Coalition: 617-918-5275
- The Massachusetts Department of Revenue: 1-800-392-6089
- Action for Boston Community Development (ABCD): 617-348-6583-

Or go online to www.mass.gov/dor , www.bostontaxhelp.org or www.bostonabcd.org for details and to locate a free community-based tax preparation center where you can have your questions answered and your taxes prepared for FREE.

Regular Dental Visits are Imperative to Senior Health

*Dr. John Luther, Chief Dental Officer
Delta Dental of Massachusetts*



John Luther at an Alliance meeting.

In Massachusetts, there are nearly a million people over 65. In Boston alone, over 10 percent of the population is of retirement age. That number will grow to over 1.4 million by 2030 as our entire baby boomer generation reaches retirement age, according to AARP. However, only two percent of retiring seniors will retain their current dental benefits, leaving other retirees in the Commonwealth to pay out of pocket.

Fortunately, thanks to progress in our healthcare system, our baby boomer generation has better oral health than any previous generation. Community water fluoridation, fluoride toothpastes and access to insurance as part of employer-sponsored health plans, have played an important role in ensuring that this generation is the first in which a majority will keep and maintain their natural teeth over their entire lifetime. That's great news! The question now is, how will you maintain that good oral health into your golden years?

The majority of employer benefits plans end at retirement, and Medicare generally doesn't cover routine dental procedures, such as cleanings or fillings. And although Medicaid does fund dental care for low income and disabled elderly in some states, reimbursements are often low, creating

limited access to dental professionals.

Brushing, flossing, eating healthy food and avoiding tobacco are essential to maintaining your good oral health. But regular trips to the dentist are the best way to make sure your mouth is in good shape. Regular check-ups will allow your dentist to detect small issues before they become big problems and take the necessary steps to fix them.

So, how good is your oral health? Delta Dental of Massachusetts has an easy to use online program called MyDentalScore.com, which provides you with an accurate evaluation of your oral health and encourages early treatment of potential problems such as tooth decay, gum disease and oral cancer, all of which should be carefully monitored as we age. Once you have your Estimated Dental Scores, you can discuss the results with your dentist who can verify those scores with information collected during a professional dental examination.

Delta Dental of Massachusetts is committed to helping you keep your smile healthy for life. For more information, visit www.deltadentalma.com/dental-plans/individual-plans/.

On A Budget? Maximizing Your Food Dollars is like your ABCD's....

Many older adults in Boston don't have enough quality, affordable and healthy food to eat, and worse, the government just voted to cut more than \$8.5 billion from Food Stamps (now known as SNAP). This cut can potentially affect up to **125,000 Massachusetts SNAP households, many of whom are seniors, by reducing their SNAP benefits up to \$70/month.**

One way ABCD Elder Services is helping older adults eat healthier on a budget is by offering a free program called Food Dollars: Healthy Eating on a Budget.

Food Dollars is funded through the generosity of the AARP Foundation. Based on the successful performance of the program over the last

2 years in Dorchester, Mattapan, Roxbury and Jamaica Plain (as evaluated by Brandeis University's Heller School), the AARP Foundation has awarded ABCD funding to expand Food Dollars across Boston.

Food Dollars participants who learned to eat healthier on a budget included homeowners who are "cash poor" and struggle to make ends meet, grandparents who are raising grandchildren, and single older adults who live in elder housing or pay market rent that eats up most of their income. It is open to all low income people 50 and over who want to eat healthier and stretch their food budget.



The Food Dollars program covers a range of topics, all with the aim of eating nutritious food with a limited budget and learning about resources for healthy eating. Over the course of the classes, participants learn about grocery shopping skills, how to limit salt and sweets, increase water consumption, how to fit more exercise into one's lifestyle, how to use public resources and senior discounts (including SNAP and SHINE benefits), and how to increase access to more and healthier food options.

Classes are held weekly, for six consecutive weeks and last about an hour and a half.

There is no cost to be in the program and healthy refreshments are provided. During the class, members offer support, discuss common issues, and brainstorm solutions. At the end of the class, each participant sets a healthy goal for the following week.

ABCD seeks leaders to teach the Food Dollars Program in Boston. People who lead Food Dollars classes gain a deeper understanding of healthy eating and maintain their motivation to personally eat healthier on a budget. They also experience the joy of helping others in their community. Training is provided and two leaders are required for each class so leaders support each other. For further information about Food Dollars, to become a trainer/leader or to sign up for classes, please contact Lizbeth Castrillon, Food Dollars Program Manager, at 617-348-6784 or lizbeth.castrillon@bostonabcd.org.

5 Tips for Making the Most of Your Medicare Advantage Plan

With 2014 well under way, many Medicare beneficiaries have experience using their health care plan benefits and may be starting to realize what they like – and dislike – about their coverage. By keeping a few points in mind regarding how they access care, beneficiaries can enjoy improved health and more money in their pockets this year.

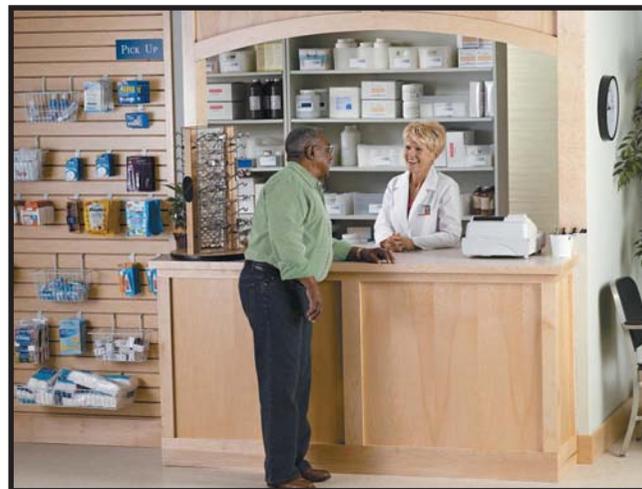
The following tips can help Medicare Advantage plan members maximize their benefits in 2014.

1. Use the plan's additional benefits.

Medicare Advantage plans cover all of the things that Original Medicare does and most plans also provide additional benefits that can help members maintain or enhance their health, such as disease management programs, 24/7 access to registered nurses and in-home visits from a specially trained health care practitioner through programs like UnitedHealthcare's HouseCalls.

2. Save money on prescription drugs.

People enrolled in a Medicare Advantage plan that includes drug coverage should check to see if they can save money on their prescriptions by using mail-order pharmacy benefits, switching to generic or lower-tier drugs, or taking advantage of other money-saving programs through their insurer. For example, UnitedHealthcare



offers a Pharmacy Saver program, which allows Medicare Advantage plan members to save money on out-of-pocket costs on hundreds of generic prescriptions simply by showing their member ID card at participating pharmacies.

3. Stay in network as much as possible.

Most Medicare Advantage plans negotiate special pricing with health care providers, which translates into lower costs for members. People should visit doctors, hospitals and pharmacies within their plan's network to help them save money.

4. Look for discounts on everyday health care items and services. Medicare Advantage enrollees may be able to rack up valuable savings by taking advantage of discounts on things they already use, such as hearing aids.

5. Plan yearly health care expenses with the out-of-pocket maximum in mind.

Unlike Original Medicare, Medicare Advantage plans are required to cap their members' annual out-of-pocket expenses. In 2014, the maximum amount a Medicare Advantage enrollee can be asked to pay out

of pocket for in-network medical services is \$6,700. This cap on health care costs can give beneficiaries the peace of mind of knowing that expenses associated with an unexpected illness or hospitalization are limited.

For ongoing updates, tips and reminders about Medicare, visit MedicareMadeClear.com, “like” Medicare Made Clear on Facebook or follow @MedicareClear on Twitter. More information is also available at www.Medicare.gov.

Debra Kaplan-Lewis is the regional vice president for UnitedHealthcare Medicare & Retirement in Massachusetts. Serving nearly one in five Medicare beneficiaries, UnitedHealthcare Medicare & Retirement is the largest business dedicated to the health and well-being needs of seniors and other Medicare beneficiaries.

Boston Fire Department

Free Elderly Fire Safety Program

Photo Electric Smoke Alarm and Carbon Monoxide Detector available for owner occupied single family homes/condos

Restrictions Apply

Please call the Fire Safety Program at 617-343-3472 or contact Ernie Deeb at 617-635-2359.

You can also view our website online at www.cityofboston.gov/fire or visit the Boston Fire Department on Facebook.

The Elderly Commission **Seniors are you eligible?**

Food Stamp requirements have changed for most senior applications.

The Department of Transitional Assistance no longer counts -

- * savings or retirement accounts
- * your car
- * your home
- * or other assets

For more information or to complete an application contact:

Lorna Pleas-Heron at
617-635-4335

or email lorna.pleas@cityofboston.gov



Boston RSVP is currently seeking volunteers interested in:

- o Connecting veterans to resources
- o Assisting in ESL classes
- o Offering transportation to older adults

No experience necessary!

Training provided

Take the Time, Make the Call
Help Out in Your Community!

For more information please call
617-635-1794

KINnections

for grandparents raising grandchildren & kin raising kin



KINnections connects grandparents raising grandchildren and kin raising kin to a variety of resources, information and activities in their community that support and strengthen families. KINnections provides a range of support services including:

- **Support Groups:** Opportunities to meet others, exchange ideas, trade stories, share your wisdom and learn new ways to strengthen your family in a caring and supportive environment.
- **Information/Assistance:** Resources that address specific family concerns; timely information on topics of interest and need; workshops on issues that support and nurture your family.
- **Fun Family Activities:** Opportunities to participate in various events in the community that are fun, enriching and family centered.
- To be eligible for services you must be 55 years or older, a resident of the City of Boston and have custody of the child you are caring for in your home.

For more information please call:

Deanna Forist: (617) 983-5850 or Lori Baeumler: (857)728-2157



m·s·p·c·c

massachusetts society for the prevention of cruelty to children
3815 Washington Street, Jamaica Plain, MA 02131
www.mspcc.org

Celebrate Women's History Month

with
Mayor Martin J. Walsh

&
The Elderly Commission



Healthy Recipes

*All Healthy Recipes are carefully selected by our expert nutritionist
Melissa Carlson, MS, RD*

Roasted Cauliflower Soup

Ingredients:

- 8 cups cauliflower florets (about 1 large head)
- 2 teaspoons olive oil
- 1/2 teaspoon kosher salt, divided
- Cooking spray
- 4 thin slices prosciutto or ham or bacon, chopped (about 1 1/2 ounces)
- 1 tablespoon unsalted butter, divided
- 3/4 cup chopped yellow onion
- 4 garlic cloves, chopped
- 4 cups unsalted chicken stock (such as Swanson)
- 1 cup water
- 1/2 cup half-and-half
- 1 ounce French bread baguette, torn
- 1/4 cup chopped fresh flat-leaf parsley
- 3 tablespoons sliced almonds, toasted

Directions:

Preheat oven to 450°.

Place cauliflower in a large bowl; drizzle with oil, and sprinkle with 1/4 teaspoon salt. Toss to coat. Arrange mixture in a single layer on a jelly-roll pan coated with cooking spray. Bake at 450° for 40 minutes or until tender and browned, stirring once after 30 minutes.

Heat a large Dutch oven over medium heat. Coat pan with cooking spray. Add ham; cook 3 minutes or until crisp. Remove ham; drain on paper towels. Melt 1 1/2 teaspoons butter

in pan. Add onion and garlic; sauté 5 minutes, stirring occasionally. Add cauliflower, stock, and 1 cup water; bring to a boil. Reduce heat, and simmer 20 minutes, stirring

occasionally. Remove from heat; stir in half-and-half. Place half of cauliflower mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth; pour pureed soup into a bowl. Repeat with remaining cauliflower mixture. Stir in remaining 1/4 teaspoon salt.

Place torn bread in a food processor; pulse 2 times or until coarsely chopped. Melt remaining 1 1/2 teaspoons butter in a skillet over medium heat; swirl. Add breadcrumbs; sauté 5 minutes or until golden, stirring frequently. Remove from heat. Combine ham, breadcrumbs, parsley, and toasted almonds. Ladle about 1 1/4 cups soup into each of 4 bowls; top each serving with about 2 1/2 tablespoons toasted breadcrumb mixture.

Servings: 4 about 1 1/4 cups each

Calories: 245

Note: Feel free to substitute bacon or thinly sliced ham for the prosciutto. Also, feel free to purchase bread crumbs instead of making them. Another alteration to consider is to use a potato masher instead of blending the hot cauliflower mixture in a blender.



Curried Squash and Chicken Soup

Ingredients:

- 1 10-ounce package frozen pureed winter squash
- 1/2 cup lite coconut milk, (see Tips for Two)
- 1/2 cup water
- 8 ounces boneless, skinless chicken breast, thinly sliced
- 1 6-ounce bag baby spinach
- 2 teaspoons lime juice
- 2 teaspoons brown sugar
- 1/2-1 teaspoon Thai red curry paste, (see Note)
- 1/4 teaspoon salt

Directions:

Heat squash, coconut milk and water in a medium saucepan over medium-high heat. Cook, stirring occasionally, until the squash

defrosts, about 10 minutes. Add chicken, reduce heat to medium and simmer, stirring occasionally, for 3 minutes. Stir in spinach, lime juice, sugar, curry paste to taste and salt and continue cooking until the chicken is cooked through, about 3 minutes longer.

Servings: 2 servings 1 3/4 cup each

Calories: 274

Tips for Two: Refrigerate coconut milk for up to 4 days or freeze for up to 2 months. Drizzle on sliced fresh fruit; use as some of the liquid for cooking rice.

Note: Red curry paste is a blend of chile peppers, garlic, lemongrass and galangal (a root with a flavor similar to ginger). Look for it in jars or cans in the Asian section of the supermarket or specialty stores.

Source: http://www.eatingwell.com/recipes/curried_squash_chicken_soup.html

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TO STAND
ON MY OWN
TWO FEET.”**



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THAT LITTLE VOICE

“Don’t Retire, Inspire”

By: Augusta Alban



When you ask most people what they want, they will tell you what they don't want. Why do you suppose they do that? My answer is that most people truly believe they can't have what they want. So, why even think about it or ask for it if you don't believe you could have it? The real truth is this: Thinking is what makes it so. I am not just talking about a thought now and then: I am talking about real thinking - you know, the kind you had when you were two or three and you still believed in something other than what you could see or touch in your room. Remember when you thought you could do and have anything you wanted? Somewhere that kind of thinking is still inside of you. You gave up on it. It never left you.

Life is not easy for anyone, but some people still have a smile on their face and a positive thought. So if it is just a thought, we can change that. That's not easy! If it were easy, everyone would do it. But is being negative easy? It's still our life's energy we are using. How do we want to use it?

When we are down, we tell ourselves “they” did it to us. Did “they?” We use anger, resentment and blame as our first responses. We should replace those responses with taking responsibility for our actions. Our thoughts make our world: that is all it is.

What makes that 2 or 3-year-old so wise? What is it we do not see, or have learned to disregard? We are being told all the time how it is and what it is. We have learned what's in the books. But we have lost what is in our hearts. We have shut down our receptors,

we have lost confidence in ourselves. We have become addicted to devices that tell us the way things are, so we rely on them. We carry them around - we can't even put them down for a second.

Then why is it some people are smiling and seem happy? That's hard to imagine! You may think some people got dealt the right cards, better cards than you got. They didn't. They just have chosen to play them differently.

We would really know much more of what is going on around us if we trusted who we are and that little voice inside. The more we trust, the louder that voice becomes. Start with small things. You are looking for something special. The little voice suggests you go to that Dollar Store. Next to that store in the window is just the item you wanted and at a bargain price! Or while driving your usual route, that little voice tells you to turn down a secondary road. When you get home, you hear on the news that there was a 20-car pileup on that road, and traffic was jammed up for hours.

You may think it's silly. These things happen to all of us. Some call it intuition, a sixth sense, that little voice, a little bird - whatever! It's always there waiting to help you. But like all of us, we must relearn to trust in ourselves and to believe as we once did.

Nothing is impossible!

A care team, a ride to the doctor and a daughter with fewer worries.

\$0 plan premium, prescriptions and dental.



Introducing a plan that can give you more than you would expect, Tufts Health Plan Senior Care Options (HMO-SNP) is a plan for seniors with \$0 out-of-pocket costs. It combines Medicare and MassHealth Standard benefits including dental care, transportation and extras like a care manager.

Call to learn if the Tufts Health Plan SCO is right for you.

TUFTS Health Plan Senior Care Options

Call us toll-free at 1-855-670-5938 (TTY 1-855-670-5940)
Or visit www.thpmp.org/sco.

Representatives are available Monday - Friday 8:00 a.m. - 8:00 p.m.
(From Oct. 1 - Feb. 14 representatives are available 7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

Still Crazy after All These Years: Preventive Services and Healthy Aging

By: Ron Pollack,
Executive Director, Families USA

A fun-loving, active couple I know, both of whom are older than 85, recently performed in an hour-long musical production. And they were pretty darn good! They are clearly in love and enjoying life. What are they doing right? They told me that they “take care of themselves.” Nothing magical, and no miracle treatments have extended their golden years.

Both these friends eat healthily, exercise, and see a doctor regularly to catch problems early. Both have had colon cancer, which was detected early and treated successfully. Both take medication for their high blood pressure. One of them is managing diabetes. Both go to the doctor once a year—even if they feel great—to get “some basic tests.”

The way they take care of themselves mirrors a key public health strategy: Getting appropriate screenings and regular check-ups, which can prevent disease or detect disease early when treatment is more effective. These services include screenings for chronic conditions, immunizations, and counseling about personal behaviors like eating habits.

Despite the fact that preventive services can save lives, only 25 percent of adults aged 50 to 64 are up-to-date on getting preventive services, and less than 50 percent of adults aged 65 years and older are up-to-date on these services.

Fortunately, the Affordable Care Act makes getting preventive services easier—and easier to afford. Private insurance and Medicare must cover all preventive services that are recommended by the United States Preventive Services Task Force for free. These services include

- age-appropriate immunizations
- screenings for high blood pressure and cholesterol;
- screenings for colon, breast, and prostate cancer
- bone mass testing for osteoporosis
- screening for diabetes

And Medicare now provides a free “Welcome to Medicare Exam.” This is an initial physical exam you can get within the first year of signing up for Medicare Part B (which covers doctor and other outpatient care). This exam looks at your current health status, identifies risk factors, reviews your medications, and sets reasonable goals for improving your health. This visit also looks for weight, hearing, and vision issues, which are critical for older patients.

In addition, Medicare provides an annual, free “Wellness Exam,” which includes

many of the same tests as the Welcome to Medicare Exam. During these exams, you and your doctor have the opportunity to work together over the long term to achieve health and wellness goals.

We all want to have a long, healthy life. What are the “secrets” of living to an advanced age? Research gives us some clues that reinforce the common sense of the friends I mentioned earlier. A large-scale study found that five key factors make a tremendous difference in longevity and quality of life:

1. not smoking
2. maintaining a healthy weight
3. keeping blood pressure under control
4. controlling diabetes
5. staying physically active

An older person who scores well on these key factors has a 10 times greater chance of reaching 90 and being healthier. The regular wellness visits and screening and preventive services that are now available and affordable under the Affordable Care Act are key to putting you on the path to a long, healthy life.

Of course, if you do get sick, Medicare covers your doctor and hospital bills the same as it always has. Make sure you understand what Medicare covers and what it doesn't and how Medicare works with any other coverage you have (like a Medigap policy, coverage from a former employer, or Medicaid). If you have

questions, call 1-800-MEDICARE. You can ask for the name and number of your local State Health Insurance Assistance Program, which offers free insurance counseling to everyone with Medicare.

(A couple of important notes about costs: While you do not have to pay for many preventive services, you may have to pay for a doctor visit if you receive additional services while you are there. Also, if you need to have more frequent screenings, you may have to pay for those screenings. And if you receive your preventive services in an ambulatory surgical center or a hospital's outpatient department rather than at your doctor's office, you may have to pay for those services.)

Don't Retire, Inspire!

Hosted by Augusta Alban

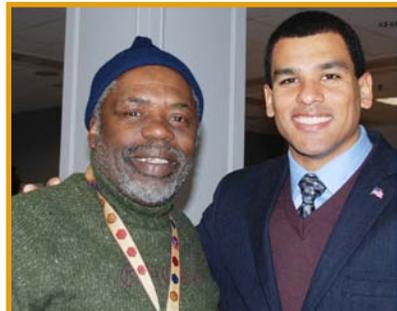
Tune in to find out how Boston seniors are INSPIRED everyday

On BNN channel 9 on Fridays at 2:30 p.m. and repeated on Saturdays at 11:00 a.m.

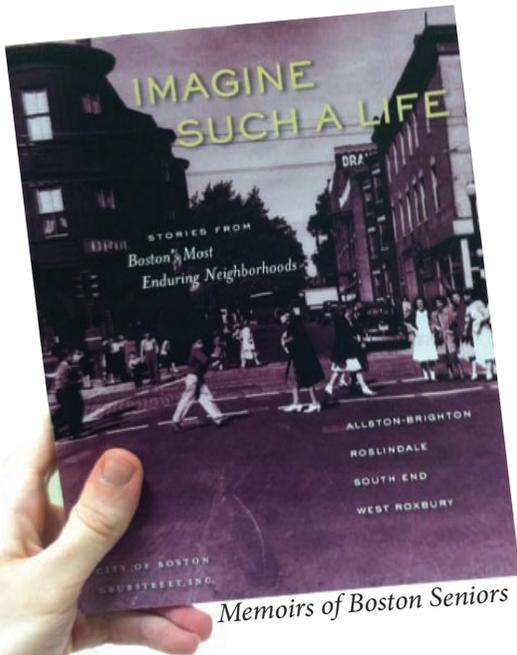
On Boston City TV, Comcast channel A-24 and RCN channel 16, Tuesdays and Saturdays at 5:00 p.m.

Collaboration between
Mayor Martin J. Walsh,
the Elderly Commission &
Suffolk University

Veterans Thanksgiving Celebration



MAYOR MARTIN J. WALSH'S ELDERLY COMMISSION *unveils* THE MEMOIR PROJECT, Volume 4



RSVP at 617.635.4250



Speakers include:

Martin J. Walsh
(Mayor of Boston)

Christopher Castellani
(Grub Street's Artistic Director)

Donald Loring Brown
(Memoirist)

Tuesday, March 25
1PM—3PM

Boston University College of Communication
640 Commonwealth Avenue, 2ND FLOOR, ROOM 209

Including . . . A BOOK SIGNING with the writers!

Veterans Thanksgiving Celebration



Nazarro
Center's
Holiday
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MLK Tribute



Don't Retire, Inspire

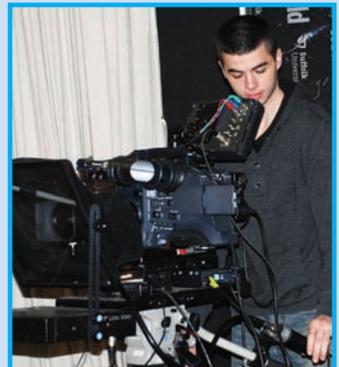
Mayor Walsh and the Elderly Commission would like to recognize our partnership with Suffolk University and Studio 73 on producing the Don't Retire, Inspire Show.

Also a big **Thank You** to the student volunteers for their interest, enthusiasm and time. We appreciate your hard work.



A little peek behind the scenes ...

Prepping for the show



Valentine's Day Luncheon



Valentine's Day Luncheon



Happy 91st Birthday Frances Sligh

Photographer: Isabel Leon



Attention Senior Citizens

The Elderly Commission Information & Referral Unit

Advocates are located in the Mattapan Branch on the following dates and times:

- March 17th 12:00-4:30pm
- April 21st 12:00-4:30pm
- May 19th 12:00-4:30pm

For more information please call:

Connie Mohammed @ 617-635-4232

Receive more information on:

- Food Stamps
- Fuel Assistance
- Updates on City Hall Senior Events
- Taxi Coupons
- Other Resources

Elderly Commission

1 City Hall Plaza
Boston, MA 02201

617-635-4366

Celebrating African American Heritage at Hibernian Hall



Need Health Insurance?

Do you have Commonwealth Care? You might need to reapply so you don't lose coverage.

Need help finding affordable health insurance that fits you and your family's needs?

Call the Mayor's Health Line or visit your local health center.



Call the Mayor's Health Line
with questions and for help applying at
617-534-5050
or toll free at
1-800-847-0710.



2014 Greater Boston Senior Games Official Registration Form

May 13th, 14th, 15th, & 17th



REGISTRATION DEADLINE 05/02/14 (unless otherwise noted)

(Please Print)

First Name:		Last Name:		
Address:		Apt #	City:	Zip:
Date of Birth: Month ____ Day ____ Year ____		Male <input type="checkbox"/> Female <input type="checkbox"/>		Telephone: ()

Please check the events that you would like to participate in:

(Please Note: Transportation is not provided for the events below)

Bowling: Select one start time. Start time confirmed on first come, first served basis.	<input type="checkbox"/> (8:00 a.m. start time) TUESDAY, MAY 13, 2014 - Boston Bowl, Morrissey Blvd, Dorchester - \$10.00 – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. Please <u>do not</u> send payment with registration.
	<input type="checkbox"/> (10:30 a.m. start time) TUESDAY, MAY 13, 2014 - Boston Bowl, Morrissey Blvd, Dorchester - \$10.00 – (includes 3 games and shoes.) Cash or checks payable to Boston Bowl on the day of tournament. Please <u>do not</u> send payment with registration.
<input type="checkbox"/> Billiards: TUESDAY, MAY 13, 2014 - Starting at 9:00 a.m. Boston Bowl, Morrissey Blvd, Dorchester - \$6.50 - Cash or checks payable to Boston Bowl on day of the tournament: Please <u>do not</u> send payment with registration.	
<input type="checkbox"/> Golf: WEDNESDAY, MAY 14, 2014 - Registration at 7:00 a.m. at William Devine Golf Course, Dorchester. Shotgun start at 8:00 a.m. - Mandatory \$15.00 golf cart fee will be charged to each participant, including Devine Course Members . In addition, there will be a greens fee of \$25.00 for all non-members for a total of \$40.00 . Cash or checks payable to Fund for Parks & Recreation at the Course on day of the tournament. Foursomes should request Foursome Golf Registration Form by calling 617-635-4366.	
<input type="checkbox"/> Bocce: THURSDAY, MAY 15, 2014 - Starting at 9:00 a.m., Langone Park, North End. Teams should request Bocce Team Registration Form by calling 617-635-4366.	
<input type="checkbox"/> Half Court Basketball: SATURDAY, MAY 17, 2014 – Registration at 8:00 a.m. at Madison Park Community Center. (\$20 fee per player - cash payable on day of Event) Teams should request Team Registration Form by calling 617-635-4366.	
<input type="checkbox"/> Tennis: SATURDAY, MAY 17, 2014 - Registration at 9:00 a.m. Sportsmen's Tennis Club 950 Blue Hill Ave Dorchester - \$18.00 Fee . Cash or checks payable to Sportsmen's Tennis Club. Please check preference: Doubles <input type="checkbox"/> / Singles <input type="checkbox"/>	
<input type="checkbox"/> Swimming: First Week In June - Week Day TBA Registration 8:30 a.m. Event start time @ 9:00 a.m. Location TBA Please select event(s): Breast Stroke 50 M <input type="checkbox"/> / Breast Stroke 100 M <input type="checkbox"/> / Freestyle 50 M <input type="checkbox"/> / Freestyle 100 M <input type="checkbox"/> Note Special Swimming Registration Deadline: 05/23/14	

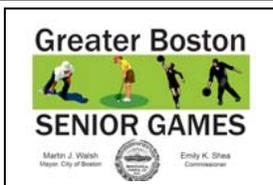
**Please return this Registration Form to: Commission on Affairs of the Elderly –
One City Hall Square, Room 271 – Boston, MA 02201 - Attention: Michael McColgan
Or fax to 617-635-3213, or scan and email to michael.mccolgan@boston.gov**

For more information call 617-635-4366

ALL GREATER BOSTON SENIOR GAMES PARTICIPANTS MUST SIGN THIS WAIVER

I hereby agree to hold harmless the organizers and sponsors of the 2014 Greater Boston Senior Games from any and all claims of whatsoever kind and nature which I may have, or at any time in the future have, of any injury arising out of my participation in the 2014 Greater Boston Senior Games. I am in good physical condition and have no medical restrictions that would prohibit my participation in the 2014 Greater Boston Senior Games.

Signature:	Today's Date:	Your age as of 05/13/14:
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Martin J. Walsh, Mayor
City of Boston – Commission on Affairs of the Elderly
Emily K. Shea, Commissioner

